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# **RUNNING: STRETCHING: Pre And Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength)**



## **STRETCHING**

PRE AND POST RUNNING STRETCHING  
EXERCISES

**CHRIS DOUGLAS**



## Synopsis

To Stretch or Not, Is That Even a Question? This book contains proven steps and strategies on how to stretch and prepare your muscles for a good run. This book outlines what you need to do to prepare for running or any physical activity, even though this book is more focused on runners, these practices can be used to any activity. There are different types of stretches and you should know which ones to use before and after your workout. You should also learn what you should be doing before you begin stretching. This book also touches on some of the usual running myths and sets the record straight. You have been hearing it from the beginning, right? You should stretch first before you start running. This may sound counter to everything that you have been taught but doing the wrong stretches before running can potentially do you harm. This book will teach about: Types of Stretches, Pre-Running Stretches, Post-Running Stretches, And more... Tags: Flexibility, Warm Ups, Cool Downs, Fitness, Strength, Stretches, Dynamic Stretching, Static Stretching, Running, Jogging, Work out, Weight Loss, Healthy, 1k, 2k, 5k, Half Marathon, Marathon, Runner, Avoid Injury, Aerobics

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## Customer Reviews

Chris Douglas joins the many authors of self help health books (there is always room for more writers to emphasize our digestive and physical and spiritual needs) and in writing the **RUNNING GUIDE FOR BEGINNERS** he put together a fine survey of the strengths of the sport of running â “ not only for keeping weight in control and building strength in our muscles and help our circulatory system, but also how running can improve our quality of mental life â “ fighting depression, oxygenating the brain to function better, and combat depression. Now he follows that book with a very important aspect of all sports â “ stretching in preparation for asking your body to work! In this book Chris examines Stretching from every angle, as he makes clear in his first chapter: â ^You have been hearing it from the beginning, right? You should stretch first before you start running. This may sound counter to everything that you have been taught but doing static stretches before running can potentially do you harm. You may think that runs counter to what this book is all about â “ imagine that, a book about stretches for runners that says you shouldnâ™t. But before you pull out the big guns please hear me out. There may be something scientific about it all that you should know.â™ â ^Experts say that static stretching by itself before you run is not the optimal way to prepare for a run. In the long run, it may even slow you down since it can strain your muscles. What you really need to do is to warm your muscles up by allowing oxygen to flow. The first thing you should be doing right after you put on your shoes is to start walking. The idea is to slowly elevate your heart rate, and you should be doing that for the first 10 minutes and then you can do some stretching. And there you have it.

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